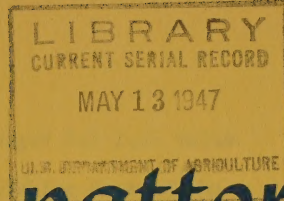


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Timely Topics for the Food Page Editor

March 3, 1947

BEST FRESH FOOD BUYS

Nearly every key market in the seven-state southwest area lists Irish potatoes as a good buy this week, according to U. S. Department of Agriculture's Production and Marketing Administration. Supply is liberal, price, reasonable, food value high. Old potatoes from storage are kindest to the budget.

Most markets also consider cabbage a very good buy. Good quantities from Texas producing areas are now available at relatively low prices, especially when nutrition is considered. Some old cabbage sells very cheap.

Onions still rate high on the best buy list, with the yellow ones from storage the most popular. Green onions are available for the homemaker who prefers them, but the cost is more.

Carrots from Texas, California and Arizona are fairly plentiful at prices to please the budget. Lettuce is another very good buy on most markets.

(more)

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In the fruit line, it's grapefruit and oranges for food value and economy. Both are plentiful, with Texas furnishing most of the southwest supply. Apples are a fairly good buy with storage supplies still above average for this time of the year.

"Best buys" at key markets

ARKANSAS:	<u>Jonesboro</u>Irish potatoes, onions, grapefruit, oranges
	<u>Little Rock</u>cauliflower, Irish potatoes, onions, grapefruit, oranges
	<u>Pine Bluff</u>cabbage, Irish potatoes, lemons, lettuce
COLORADO:	<u>Denver</u>Rome Beauty apples, cabbage, carrots, white seedless grapefruit, onions, small oranges, parsnips, Irish potatoes, winter squash
MISSOURI:	<u>Kansas City</u>homegrown parsnips and turnips, shipped-in new cabbage, cauliflower, Irish potatoes, onions, grapefruit, oranges, cooking apples
KANSAS:	<u>Manhattan</u>Irish potatoes, citrus fruits, cabbage
LOUISIANA:	<u>Baton Rouge</u>carrots, lettuce, cabbage, grapefruit, Irish potatoes, onions
NEW MEXICO:	<u>Alamogordo</u>cabbage, Irish potatoes, turnips, peppers, radishes
	<u>Gallup</u>oranges, Irish potatoes, onions
OKLAHOMA:	<u>Ardmore</u>oranges, grapefruit, cabbage, onions, Irish potatoes, lettuce
	<u>Enid</u>Irish potatoes, grapefruit, lettuce, cabbage, tomatoes, onions, carrots, oranges, celery
	<u>Oklahoma City</u>apples, cabbage, cauliflower, grapefruit, lemons, onions, oranges, Irish potatoes

(more)

TEXAS:

<u>Amarillo</u>Irish potatoes, onions, citrus fruit, lettuce, cabbage
<u>Austin</u>Irish potatoes, yellow onions, rutabagas, cabbage, carrots, apples, spinach, mustard greens, Acorn squash, Texas citrus
<u>Dallas</u>oranges, grapefruit, cabbage, Irish and sweet potatoes, lettuce, yellow onions
<u>Fort Worth</u>Irish potatoes, onions, cabbage, bunched carrots, grapefruit, oranges
<u>Houston</u>Irish and sweet potatoes, cabbage, carrots, onions, spinach, Texas citrus

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WHEN YOU EAT OUT

Here's a suggestion for homemakers who like to take a day off from food shopping, menu planning and home cooking once in a while. Right now is an excellent time to do this because public eating places are offering a special treat that's bound to please the entire family. It's roast turkey with all the trimmings--a dish not usually found this time of the year.

The reason turkey's on the menu now is this: cold storage stocks of birds weighing 20 pounds and more are at an all-time high. U. S. Department of Agriculture's Production and Marketing Administration reports 140 million pounds on February 1--almost six million above the previous record reached last year and twice the average amount of turkeys in storage on February 1 during the five years 1942-46.

These turkeys are too large for the average family, but they're ideal for public eating places where a lot of food is prepared at one time. That's why you won't find as much turkey as you might expect at the butcher shop, but can have all you want when you eat out.

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BUTTER PROSPECTS

Butter production in 1947 is expected to be quite a bit more than last year's record low, but we had about 25 million pounds less to start with, so consumption still won't reach prewar levels. That's the outlook as the U. S. Department of Agriculture sees it.

The upturn in butter production began right after price ceilings were removed last July 1. At any rate, the decrease from July to October last year was less than it usually is and the increase since November has been larger than usual. January output approached 100 million pounds--40 percent above a year ago.

As to price, it went up after ceilings were removed until new high levels were reached about the middle of October. Prices stayed high until near the end of December when they broke sharply. They kept going down during most of January, but moved up a little recently. However, at the middle of February the wholesale price was still way below the high December level.

--oOo--

MEAT REPORT

Meat produced under Federal inspection during the third week of February came within two percent of the output for the corresponding period a year ago and lacked only nine percent holding up to the preceding week's level, according to marketing specialists of the U. S. Department of Agriculture's Production and Marketing Administration.

Total output of 302 million pounds included 143 million pounds beef, 11.9 million pounds veal, 134 million pounds pork and 13.4 million pounds lamb and mutton.

Lard production amounted to 34.1 million pounds.

--oOo--

MILK NEWS

About as much milk will be produced this year as in 1946, but we'll drink a little less, is the way the dairy situation looks to U. S. Department of Agriculture's marketing experts.

There are two reasons why we'll probably have less to drink. One is the larger number of people in the civilian population who'll be drawing from the total supply. And the other is that we've developed a taste for manufactured dairy products and probably will use more of our milk that way. We're expecting more butter and as much cheddar cheese, evaporated milk and dry milk as we had last year.

Also, a lot of our milk goes into ice cream. We ate 80 percent more in 1946 than in 1945.

--oOo--

OYSTER DATA

Oysters are more plentiful than they have been at this time of the year for the past two seasons, but they're still short of demand and prices are fairly high. Supplies are mostly fresh or frozen.

When sold in shucked form, oysters are classified as Standard, Select or Counts. "Standard" is the small oyster popular for stewing and for cocktails. "Counts" are the large oysters suitable for frying. "Select" oysters are medium-size. They may be used for frying, stewing or for cocktails.

--oOo--

EGG RECIPES

Homemakers who want to make liberal use of the good supply of eggs this spring will welcome recipe suggestions. The enclosed leaflet "Egg Dishes for Any Meal" from USDA's Bureau of Human Nutrition and Home Economics provides some you may want to pass on to your readers.

--oOo--

RICE REVIEW

The weekly rice review of USDA's Production and Marketing Administration says several markets reported increased arrivals of milled rice the past week, but supplies are still below demand.

That means we may find rice a little more plentiful on local grocers' shelves when wholesalers have had time to move supplies on down the line to retailers. But we probably won't find as much as we'd like to have, and the price remains high.

Also, the increase may be only temporary. Some millers are short on their set-aside requirements and will not be able to ship any more rice to the domestic trade until these requirements are filled. About three-fourths of the amount of rice allotted for domestic use for the entire season has already been shipped.

--oOo--

TASTE TEMPTERS

New items reported in southwest stores this week include fresh English peas from California and new potatoes from Florida.

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Timely Topics for the Food Page Editor

March 10, 1947

BEST FRESH FOOD BUYS

Fresh fruits and vegetables in best supply at key southwest markets this week include cabbage, old Irish potatoes, yellow onions, small-size oranges and white grapefruit. Specialists of U. S. Department of Agriculture's Production and Marketing Administration say these items are all reasonably priced, too.

Carrots are another good vegetable buy with plentiful supplies reported from the Lower Rio Grande Valley and Winter Garden areas of Texas. Large-size California carrots are in moderate supply at southwest consuming centers in spite of the car shortage.

Apples continue next to citrus in the fruit line-up with good quantities still coming out of storage.

"Best buys" at key markets

COLORADO: Denver.....apples, cabbage, topped beets, carrots, turnips, white grapefruit, onions, small oranges, old potatoes

(more)

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KANSAS: Manhattan.....Irish potatoes, oranges, grapefruit,
carrots, cabbage, apples

MISSOURI: Kansas City.....grapefruit, cooking apples, new cabbage,
Irish potatoes, onions, sacked turnips,
carrots, cauliflower

LOUISIANA: Baton Rouge.....Irish potatoes, cabbage, onions, oranges,
grapefruit, carrots

New Orleans.....onions, Irish potatoes

NEW MEXICO: Alamogordo.....broccoli, onions, rhubarb, mustard greens

Gallup.....Irish potatoes, oranges, grapefruit

OKLAHOMA: Ada.....cauliflower, lettuce, onions, Irish
potatoes, cabbage, grapefruit, oranges,
sweet potatoes, apples, celery

Enid.....apples, oranges, Irish potatoes, lettuce,
cauliflower, carrots, grapefruit, cabbage,
turnips, beets, celery

Lawton.....Irish potatoes, onions, beets, cabbage,
cauliflower, turnips, carrots, spinach,
celery, apples, oranges, lemons, grapefruit,
bananas, pears

Oklahoma City.....apples, cabbage, cauliflower, lemons,
lettuce, oranges, Irish potatoes, turnips

TEXAS: Austin.....Irish potatoes, yellow onions, Texas
citrus fruit, carrots, rutabagas, spinach,
cauliflower, cabbage, apples, lemons

Dallas.....Texas oranges and grapefruit, old Irish
potatoes, sweet potatoes, yellow onions,
cabbage, carrots, lettuce, apples

Fort Worth.....cabbage, onions, carrots, lettuce, sweet
potatoes, grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots, onions,
spinach, Texas citrus fruits, beets

DESSERT "SWEETS"

With sweetpotatoes in better than usual supply for this time of year, homemakers may find it worth while to check through their favorite cook-books for ways to serve them.

Most recipes call for sweetpotatoes cooked first in their jackets. The thin skin of the cooked sweetpotato is easy to remove and takes with it less of the goodness underneath. When the protective brown jacket is peeled off before cooking, some of the potato's sweetness is dissolved in the cooking water.

Sweetpotatoes combine tastily with some of the other foods that are plentiful in the southwest at the present time. For instance: eggs. Here is a recipe from U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics, combining sweetpotatoes and eggs in a delicious dessert:

Sweetpotato Custard

1/4 cup sugar	2 eggs, beaten
1/2 teaspoon salt	2 - 1/2 cups finely shredded raw
1/4 teaspoon nutmeg	sweetpotato (shred just before
1 teaspoon grated orange rind	using)
1 - 3/4 cups milk	1 tablespoon melted table fat

Add sugar, salt, nutmeg, orange rind and milk to the eggs. Mix thoroughly. Add sweetpotato and fat. Bake in greased custard cups in a pan of hot water in a moderate oven (350 degrees F.) about 30 minutes or until set. Six servings.

For sweetpotato custard pie, pour custard into a 9-inch unbaked pastry shell and bake in a hot oven (425 degrees F.) for 10 minutes; reduce temperature to 350 degrees and continue baking for 30 minutes longer.

MILK BARGAIN

Biggest bargain in dairy products right now is dry skim milk, say Production and Marketing Administration specialists.

Dry skim milk is an inexpensive source of milk protein, calcium, riboflavin and all the other food nutrients, except fat, which fresh milk provides. The present cost makes dry skim milk a real money-saver for the homemaker who likes her pantry shelf well stocked with wholesome foods. When she buys a pound package, she gets almost as much food value as five quarts of fresh skim milk would provide. And the cost is only a fraction as much.

When the dry skim milk is reconstituted to fluid form, it can be used in any dish that calls for fresh skim milk. In an emergency, it can take the place of fresh milk entirely, especially in cooking, so the diet will not be deficient in food nutrients even if fresh milk is not available.

Perhaps a more popular use of dry skim milk at the present time, though, is in combination with fresh milk. Nutritionists tell us one to 1-1/2 ounces of dry skim milk--enough to increase the food value significantly --may be added to a quart of fresh milk without appreciably changing its flavor or consistency. This combination of fresh and dry milk is excellent for drinking purposes as well as for use in bread and other baked products, vegetable dishes, soups and desserts.

Another way to stretch the supply of fresh milk and at the same time increase the amount of food nutrients in daily menus is to use the re-constituted dry skim milk for cooking and save the more expensive fresh milk for beverages.

CHECK UP ON NUTS

Marketing specialists say the supply of walnuts is very good for this time of the year. In fact, about a third of last year's crop is still available. These nuts are in wholesale and chain store warehouses, in retail stores across the country and in the hands of cooperatives and packers in West Coast producing areas.

Southwest homemakers may find it advantageous to check with local grocers about the supply in this section, since the latest count indicates a good portion of the total is in eastern and middlewestern consuming centers.

Where nuts are plentiful, they're an excellent choice for use in main dishes, salads and desserts. Many bland and uninteresting foods can be made not only more appetizing but also more nourishing with nuts. Chopped nuts added to biscuits, muffins, waffles or cookies give flavor and a crisp note. Nuts added to the batter make a plain cake or cottage pudding richer. Nut breads are popular and have, in addition to the usual value of bread, the additional protein and fat value of the nut meats.

Walnut meats can be used with cheese, dried fruits and chopped meat for sandwich fillings. Cheese balls or pieces of banana covered with mayonnaise and rolled in chopped walnuts are a variation on the salad theme.

--oOo--

PRICE TREND ON MEAT

Homemakers probably find their meat costs less from December to April than in the summer and fall months. That's the usual trend revealed in a study made by U. S. Department of Agriculture economists. They say, however, the seasonal change in prices during a normal year is not very great--around seven percent at the most.

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Low point comes a month or two after the peak in meat production is reached. It takes that long for supplies to accumulate all down the line from packing plant to local butcher. Most years the lowest price the home-maker pays for beef comes in March, on lamb in December and on pork sometime from December to February. Beef and pork start up in April and usually reach a peak in September. Lamb prices are highest in June.

--oOo--

MEAT SUPPLY PROSPECTS

Meat eaters should be fairly well satisfied this year. We'll have a better than average supply, according to estimates of the U. S. Department of Agriculture.

Total production is expected to be around 23 billion pounds. That's up a billion pounds from last year and five billion over the yearly output before the war. We'll use most of the meat at home, too. Exports are expected to drop off sharply this year compared with 1946.

So it appears that each person in the country will have 150 to 155 pounds of meat in 1947.

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Timely Topics for the Food Page Editor

March 17, 1947

BEST FRESH FOOD BUYS

Supplies of fresh fruits and vegetables are less plentiful and most prices are higher at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration.

"Best buys" include old Irish potatoes, new cabbage, carrots, yellow onions, lettuce and citrus fruits. These are fairly plentiful and reasonably-priced in relation to other foods.

"Best buys" at key markets

ARKANSAS:

Jonesboro.....Irish potatoes, grapefruit, oranges

Little Rock.....cauliflower, lettuce, Irish potatoes, cabbage, Texas oranges and grapefruit

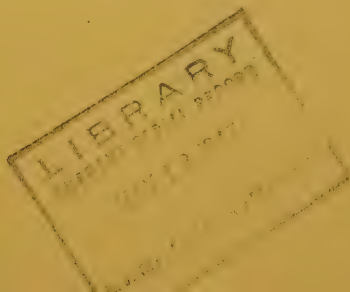
Pine Bluff.....lettuce, cabbage, carrots, grapefruit

COLORADO:

Denver.....apples, white grapefruit, small oranges, beets, cabbage, carrots, lettuce, onions, old Irish potatoes

(more)

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas



KANSAS: Manhattan.....Irish potatoes, grapefruit, carrots,
cabbage, apples, cauliflower, oranges

LOUISIANA: Baton Rouge.....Irish potatoes, onions, cabbage, carrots,
lemons, oranges

NEW MEXICO: Alamogordo.....turnips, cabbage, onions, peppers

Gallup.....grapefruit, Irish potatoes, onions

OKLAHOMA: Ardmore.....grapefruit, oranges, carrots, cabbage,
tomatoes, onions, lettuce, apples,
Irish potatoes

Enid.....apples, oranges, grapefruit, cranberries,
carrots, Irish potatoes, cabbage, lettuce,
celery

Lawton.....Irish potatoes, onions, beets, cabbage,
cauliflower, turnips, carrots, spinach,
celery, lettuce, apples, citrus

Oklahoma City....apples, cabbage, carrots, grapefruit,
lemons, oranges, Irish potatoes, turnips

TEXAS: Amarillo.....Irish potatoes, onions, citrus fruit,
lettuce, celery, tomatoes, cabbage,
carrots, turnips

Austin.....Irish potatoes, yellow onions, Texas
grapefruit, cabbage, spinach, carrots,
rutabagas, lemons

Dallas.....Texas oranges and grapefruit, Irish
potatoes, yellow onions, cabbage, carrots,
lettuce, sweetpotatoes

Fort Worth.....cabbage, lettuce, bunched carrots,
sweetpotatoes, oranges, grapefruit

Houston.....Irish potatoes, cabbage, carrots, onions,
spinach, Texas citrus, beets

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FROZEN OYSTERS

Frozen oysters are well on their way to becoming a year-round delicacy.

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Technologists of the Fish and Wildlife Service and members of the industry have demonstrated it can be done. They've made tests on oyster freezing and storage using several types of packages--bags, bag-in box, waxed cartons and tin cans. All have proved successful in varying degrees.

For home use, if the oysters are not to be kept too long before they are used, a waxed cylindrical paperboard container similar to that used for retailing oysters was found satisfactory. Pint-sized tin cans also may be used. For commercial use the cellophane or rubber-base film bag enclosed in a wax carton has proved most suitable.

Frozen oysters offer several advantages to the homemaker. For one thing, she can have oysters when she wants them. They can be put up when supplies are plentiful and held in the freezer until needed. Then, too, by quick-freezing immediately after the meats are shucked, oysters are preserved at their peak of quality and goodness.

--oOo--

USED FAT REMINDER

Many homemakers don't know the price of used kitchen fat has gone up--as much as 300 percent in some places. A check with local butchers will tell you how much it's up in your community from the wartime price of four cents a pound.

Reason is used fat is so greatly needed--and will be until world production of commercial fats and oils catches up with demand. Present prospects point to no more than 21.6 million short tons for 1947, and this would be well below prewar, according to U. S. Department of Agriculture's Office of Foreign Agricultural Relations.

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Shortages in importing countries, particularly Europe, are likely to continue until increased supplies from surplus areas become available and local production again approaches the prewar volume.

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A LINE ON POTATOES

With new crop potatoes from Florida already on the market and shipments from Texas starting soon, homemakers may be interested in the supply outlook for these food harbingers of spring.

It isn't so good, judging from the latest crop report of the U. S. Department of Agriculture. Production of "winter" potatoes in the two states is estimated at only 960,000 bushels. That's less than half the amount harvested last year and only about two-thirds of the ten-year average for 1936-45.

There are two reasons for this reduction. One is that farmers planted fewer acres this year. Then the blight and damage from February frosts and cold weather greatly reduced the prospective crop in Florida, where most of the earliest potatoes originate.

This "winter" crop is followed by what the marketing specialists call the "early spring" potatoes, but these probably won't be in very large supply this year either. Farmers planted only about 25,100 acres compared with 34,900 harvested in the "early spring" of 1946. Average for the ten years 1936-45 is 26,450 acres. Here again, Florida production was set back this year as a result of the February cold, and offerings--to say the least--will be later than usual.

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All this adds up to the fact that best potato buys still come from storage. They are the old ones carried over from last year's big crop. And although the car shortage recently has prevented any great surplus of storage potatoes from reaching retail stores, the supply is still plentiful. Prices went up a little recently, but are still quite reasonable in relation to other foods.

--oOo--

FOOD OUTLOOK

Food supplies in the United States continue at a very high level, say experts of the U. S. Department of Agriculture. Commercial stocks of most foods are larger than a year ago, food production prospects are good and imports are increasing. Each person probably will eat as much as last year, when food consumption in the United States set a new high record. Average supply of food energy per person per day is expected to be 3,400 calories. That's way above the prewar days.

However, we'll have more of some foods and less of others than we ate last year. On the "more" side are beef, canned fish, canned fruits and fruit juices, sugar, dry beans, spices, cereal products and butter. We'll probably have less lamb and mutton, dried fruits, fresh fruits and vegetables and total milk products.

Little, if any, changes are expected in consumption of pork, fresh and frozen fish, cheese, processed vegetables, poultry and potatoes.

PAGE POPEYE!

Spinach canners and freezers in Texas and California say they'll use about 42,110 tons of spinach produced on 11,690 acres in the two states this year. However, this won't be as much spinach as they generally use. U. S. Department of Agriculture crop reports show it's 26 percent less than in 1946 and four percent under the ten year 1936-45 average.

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Texas processors expected to receive only limited quantities of spinach after March 1, but the early part of the month brought increased activity in spinach fields of California.

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RETURN OF CANNED FISH

Homemakers may find more canned pilchards and canned salmon on retail counters soon.

As you probably know, these two types of canned fish were the last ones remaining under the set-aside order (War Food Order 44) which reserved a portion of the canned fish pack for government purchase. U. S. Department of Agriculture canceled this order on March 9 after acquiring its needs from the 1946 canned fish production. So now salmon and pilchards join the other canned fish which gradually have been reappearing on grocers' shelves for the past year.

Emergency restrictions on the sale and delivery of canned fish have been in effect since May, 1942. They were needed during the war to insure efficient distribution of canned fish and canned shellfish to meet military and essential civilian needs. After hostilities ceased, restrictions were continued to facilitate purchases for military and relief feeding and for allied countries. With these needs now reduced, USDA has found it possible to cancel the entire set-aside order.

Besides pilchards and all species of salmon, government quotas for the following types of canned fish have been included in the order at various times: Atlantic and Pacific mackerel, Atlantic sea herring and sardines, fish flakes, tuna and shrimp.

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Timely Topics for the Food Page Editor

March 24, 1947

BEST FRESH FOOD BUYS

Cabbage is first on the list of best fresh food buys at key southwest markets this week, with supplies plentiful and prices reasonable in relation to other foods, according to U. S. Department of Agriculture's Production and Marketing Administration.

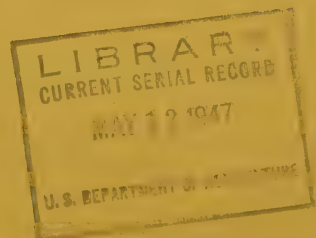
Carrots rate second place and citrus fruits third, with grapefruit preferred over oranges at most markets.

Irish potatoes and onions lost some of their recent popularity as prices advanced. At the wholesale level onions nearly doubled recent costs. Some markets find new green onions are now a better buy than old white or yellow ones. Potatoes continue plentiful but shortage of cars slowed movement.

Lettuce is still a fairly good buy with plenty available at relatively reasonable cost. Some markets also list apples, spinach, sweetpotatoes, cauliflower, turnips and beets as good buys.

(more)

Production and Marketing Administration, USDA
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425 Wilson Building
Dallas 1, Texas



"Best buys" at key markets

ARKANSAS: Jonesboro.....Irish potatoes, onions, cabbage, citrus fruit

Little Rock.....Irish potatoes, onions, cabbage, grapefruit, oranges

Pine Bluff.....carrots, lettuce, oranges, grapefruit

COLORADO: Denver.....apples, white grapefruit, small oranges, cabbage, carrots, onions, lettuce, old Irish potatoes, spinach, sweetpotatoes

MISSOURI Kansas City.....cabbage, grapefruit, cauliflower, carrots, homegrown turnips

KANSAS: Manhattan.....apples, oranges, Irish potatoes, grapefruit

LOUISIANA: Baton Rouge.....Irish potatoes, cabbage, carrots, onions, grapefruit, lettuce, lemons

New Orleans.....lettuce, cabbage, white grapefruit

NEW MEXICO: Alamogordo.....turnips, cabbage, Irish potatoes, onions, carrots, sweetpotatoes

OKLAHOMA: Ada.....carrots, turnips, cabbage, green onions, cauliflower, grapefruit, radishes, Irish potatoes

Lawton.....Irish potatoes, onions, cabbage, turnips, carrots, spinach, rhubarb, lettuce, cauliflower, apples, oranges, grapefruit

Oklahoma City....apples, beets, cabbage, carrots, lettuce, onions, oranges, Irish potatoes, rhubarb

TEXAS: Amarillo.....lettuce, cabbage, carrots

Austin.....Irish potatoes, yellow onions, cabbage, carrots, rutabagas, spinach, Texas grapefruit, bunch beets, lemons

Dallas.....cabbage, carrots, cauliflower, sweet-potatoes, old Irish potatoes, grapefruit, oranges, lettuce

Fort Worth.....cabbage, sweetpotatoes, carrots, lettuce, oranges, grapefruit

Houston.....Irish potatoes, cabbage, carrots, onions, spinach, Texas citrus, beets

CABBAGE RECIPES

With cabbage leading the "best buy" list this week, homemakers probably will welcome a few recipes from U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics to vary the use of this nutritious vegetable in lunch and dinner menus.

Cabbage rolls

Wash fresh green cabbage leaves and wilt them in hot, lightly salted water until they are limp enough to roll. For a stuffing make a meat mixture such as is used in stuffed peppers. Put some of the mixture on each cabbage leaf and roll it up. Place the rolls in a baking dish, add hot gravy or a very little hot water, cover the dish and bake in a moderate oven (350 degrees F.) for about three-fourths of an hour or until the cabbage is tender.

Stuffing: Mix chopped or ground meat with bread crumbs, cooked rice or mashed potatoes. Add melted fat, an onion chopped fine, and moisten with gravy, milk, chili sauce or catsup. Salt and pepper to taste.

Scalloped cabbage and apples

2 quarts shredded cabbage (8 cups)
1 quart tart sliced apples (4 cups)
2 teaspoons salt
1 teaspoon sugar
2 to 4 tablespoons butter or other fat
1 cup soft bread crumbs

In a greased baking dish place alternate layers of the cabbage and apples. Season each layer with salt and fat and sprinkle the sugar on the apples. Cover and bake in a moderately hot oven (375 degrees F.) for about 40 minutes, or until the cabbage and apples are tender. Remove the lid the last 15 minutes of baking and sprinkle with bread crumbs. Serve in the baking dish.

STRAWBERRY TIME

It's pretty early to tell how the strawberry supply will be this year because so much depends on the weather from now until harvest. But it doesn't hurt to count up the acres planted and compare them with previous years.

When crop reporters of the U. S. Department of Agriculture did this on March 1, they figured we'd have nearly a third more strawberries from the early spring crop in 1947 than in 1946 and about six percent more than the ten year (1936-45) average. They look for about 1,777,000 twenty-four quart crates from Louisiana, Texas, Alabama and the southern district of California, where farmers planted 25,750 acres in strawberries for early spring harvest this year compared with only 19,760 in 1946 and 23,980 the ten year average.

A few Texas berries are on the market now, but freezes late in February and early March delayed the season in Louisiana where about 80 percent of the total crop is produced. Beginning about the first of April, though, the supply of strawberries from Louisiana is expected to increase rapidly.

--oOo--

IMPORTED ITEMS

Among the specialty items on southwest grocer's shelves these days are imported fruits and vegetables coming in from our neighbors to the north and south. Market news reporters of U. S. Department of Agriculture's Production and Marketing Administration recently found tomatoes, limes, garlic, eggplant, peas and peppers from Mexico, bananas from Central America, coconuts from Honduras, pineapples from Cuba, honeydew melons from Chile and rutabagas and apples from Canada,

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SPAGHETTI DINNER

The next few months should bring good supplies of macaroni, spaghetti and noodles to grocer's shelves. Our 1946 durum wheat crop, from which these specialties are made, was the largest in three years. Also, millers are raising the extraction rate of the grain in order to produce more of the finished products.

For instance, the choice inner portion of durum wheat, when ground to the granular consistency of table salt, is called semolina. It is suitable for the best grades of macaroni and spaghetti. When the wheat is ground finer, the kind of flour required for the finest quality noodles is produced.

If millers turned out only the semolina there would not be enough to supply the manufacturers of macaroni and spaghetti, to say nothing of noodles. So they're turning out a mixed product in which semolina and durum flour are combined.

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MEAT REPORT

Meat produced under Federal inspection for the week ended March 15 totaled 280 million pounds, according to U. S. Department of Agriculture's Production and Marketing Administration. This was five percent below production in the preceding week but seven percent above the corresponding week last year.

The total included 152 million pounds beef, 13.9 million pounds veal, 101 million pounds pork and 13 million pounds lamb and mutton.

Lard output totaled 27.2 million pounds compared with 30.6 million in the preceding week and 22.7 million a year ago.

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TAPIOCA NEWS

Supplies of tapioca are not yet normal because the manioc industry of the Dutch East Indies has not yet recovered from the Japanese occupation, say specialists of U. S. Department of Agriculture's Office of Foreign Agricultural Relations.

Before the war the Dutch East Indies was the world's largest producer of the manioc or cassava plant from which tapioca is made, and the United States was the largest importer. During the war we received some manioc from Brazil, the world's second largest producer. This source is still open --we bought 284,673,000 pounds from Brazil last year--but it does not provide enough to satisfy all our needs.

Also, during the war we came to depend on substitute products which were manufactured in limited quantities from waxy maize and certain sorghums.

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EASTER ABSENTEE

Don't look for as much lamb this Easter as there was last year. U. S. Department of Agriculture's Crop Reporting Board says the number of spring lambs is down about seven percent and the lambs we have are not developing as fast as they did in 1946.

This makes six years in a row in which the lamb crop has decreased. It looks now as if 1947 will be the low point for more than two decades.

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SUGAR REMINDER

In budgeting their sugar supplies this spring and summer, homemakers should bear in mind that no special stamps for canning sugar will be issued for 1947. This means no splurging with the 10 pounds which may be bought with Spare Stamp No. 11 beginning April 1 or with the 10 pounds which may be available under another sugar stamp around July 1 because this sugar must cover both household and canning uses.

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March 31, 1947

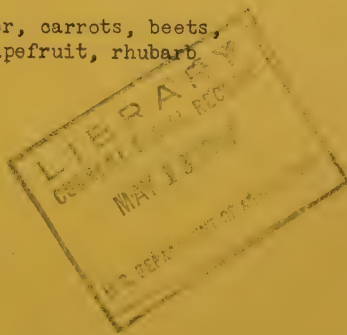
Most plentiful fresh foods for the Easter menu include cabbage, carrots, Irish potatoes, lettuce, onions and citrus fruits, according to U. S. Department of Agriculture's Production and Marketing Administration.

"Best buys" at key markets

Little Rock.....cabbage, Irish potatoes, apples,
California oranges

MISSOURI: Kansas City.....cabbage, cauliflower, carrots, beets,
collard greens, grapefruit, rhubarb

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas



KANSAS: Manhattan.....Irish potatoes, cauliflower, lettuce,
red and white cabbage, citrus fruits

LOUISIANA: Baton Rouge.....oranges, grapefruit, Irish potatoes,
cabbage, carrots, lemons, lettuce

New Orleans.....oranges, cabbage, onions

NEW MEXICO: Alamogordo.....onions, cabbage, radishes, carrots,
turnips, spinach

Gallup.....grapefruit, Irish potatoes, onions

OKLAHOMA: Ada.....sweetpotatoes, carrots, turnips, cabbage,
green onions, tomatoes, cauliflower,
grapefruit, radishes, Irish potatoes

Enid.....Irish potatoes, oranges, grapefruit,
carrots, apples, asparagus, lettuce,
onions

Lawton.....Irish potatoes, radishes, green onions,
beets, cabbage, carrots, spinach, lettuce,
oranges, grapefruit

Oklahoma City....apples, cabbage, carrots, celery, lettuce,
onions, oranges, Irish potatoes, turnips

TEXAS: Amarillo.....grapefruit, lettuce, cabbage, carrots,
onions, bulk turnips

Austin.....Irish potatoes, yellow onions, cabbage,
spinach, lettuce, rutabagas, grapefruit,
radishes, carrots

Dallas.....oranges, grapefruit, cabbage, carrots,
lettuce, Irish and sweet potatoes

Fort Worth.....carrots, cabbage, spinach, grapefruit,
oranges

Houston.....Irish potatoes, cabbage, carrots, onions,
spinach, Texas citrus fruits, beets

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EASTER MEAT

Best meat choice for Easter probably will be beef or poultry since supplies of both are far better than of other meats, say marketing specialists of U. S. Department of Agriculture's Production and Marketing Administration.

Neither the traditional leg of lamb nor the handsome pink ham so many people like is in very good supply right now.

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EASTER EGG TIME

Easter is egg time ! That's a custom which goes back many centuries. Ancient Egyptians and Persians, also the Greeks and Romans, are said to have used colored eggs in their spring festivals as symbols of new life. An old European folk custom is the basis for present day egg rollings and Easter egg hunts. Association of eggs with Easter, of course, came after Europe became Christian.

This year, we'll carry on as we did during the war without egg rollings and Easter egg hunts because we cannot afford to waste any food while people in many other parts of the world are still hungry. But we'll have plenty of eggs to eat. And there's no reason why homemakers shouldn't decorate eggs for Easter if they want to. These eggs can be used in many ways after their day of ornamentation is over. Just peel off the gayly colored shells and serve the hard-cooked insides creamed, a la goldenrod, in a molded vegetable salad, deviled and so on.

USDA's food specialists say any egg that's boiled to eat should be "hard-cooked" rather than "hard-boiled". In fact, eggs should not be boiled at all--just simmered 25 or 30 minutes for a hard egg and three to five minutes for a soft-cooked egg.

Low to moderate heat is the rule for other egg cooking methods, too, if the eggs are to be tender and good. Intense heat causes eggs to "weep" and "water" because it literally squeezes the liquid out of the egg white and makes it shrink and harden. Omelets need a thick pan over a low flame if they're to come out light and tasty. Fried eggs also like a thick skillet with low heat. The water in which eggs are poached should stay under the boiling point.

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When egg custards are boiled, they go in a double pan with the water in the bottom kept under the boiling point. Even though custards baked in the oven are set in a pan of hot water, the oven temperature must be kept down around 350 degrees F. for best results.

Fruit whips and meringues require special care because the egg whites are more touched by heat than whole egg mixtures.

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DESSERT SPECIAL

Rhubarb is showing up in fair supply these days - enough to be a good buy at several key southwest markets this week - so rhubarb pie may be the Easter dessert if homemakers want to splurge a little.

Nutritionists say the principal contribution rhubarb makes to the diet is its appetite appeal, although it does furnish a little vitamin A and C. In earlier days, though, rhubarb was thought to cure almost all spring ailments and was used as a tonic.

For many centuries the Chinese have been using rhubarb root as one of their very great medicines. Not the garden rhubarb, but another species --a larger, coarser plant. A few thousand years ago camel caravans trekking across deserts and mountains laden with treasures of the East for barter with peoples of western Asia carried the medicinal rhubarb. When they halted at the River Rha--now the Volga--the cargo was transferred to boats and in due course the Chinese rhubarb reached Greece and later Rome.

Rhubarb has gained practically all its popularity as a food since the beginning of the nineteenth century. In 1810 an English farmer sent his sons to the borough market with five bunches of rhubarb and they sold only three of them. The farmer kept trying for many years before he was able to sell three to four hundred dozen bunches in a morning.

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Today rhubarb's tart flavorful goodness--all pink and juicy inside a crisp brown crust--is so popular the plant itself has come to be nicknamed "pieplant".

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ASPARAGUS TIPS

Increased supplies of fresh asparagus at more reasonable prices this week put a delicious spring treat within reach of the Easter food budget. Marketing specialists of U. S. Department of Agriculture's Production and Marketing Administration say good quantities are arriving from California and some local asparagus should be available soon.

A good source of vitamins and minerals, asparagus is best when it goes right from the garden to the table; otherwise, it must be kept cold, moist and covered to stay fresh and good. And, of course, wise homemakers select only firm, fairly straight stalks with uninjured, tightly closed tips.

Asparagus needs thorough washing because the stalks are cut below the surface of the ground. USDA's nutritionists also suggest scraping off the side scales and cutting off the tough ends of the stalk.

There's a trick to cooking asparagus in order to get the tough ends of the stalks and the tender tips done at the same time. Just stand bunches upright on a rack in a large saucepan or kettle. Cover about half way up with boiling water. Start with a cover on the pan, but take the cover off as soon as the water returns to boiling point. When the lower part of the stalks have cooked 10 to 15 minutes, tip the bunches over into the water and cook five to ten minutes longer.

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Asparagus may be served either hot or cold. A dish favored by royalty since the days of Augustus Caesar is steaming hot asparagus stalks seasoned with golden melted butter or hollandaise sauce. Then there's asparagus cooked in milk, also asparagus soup and creamed asparagus. Creamed asparagus may be served in pastry shells if something extra-special is wanted.

On the cold side, there's asparagus salad, of course. Point up the flavor with a tart French dressing and a sprinkling of hard-cooked egg. Or you might prefer the thicker mayonnaise with a dash of catsup for color.

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CARROT CUES

Few vegetables in recent years have enjoyed as great an increase in popularity as carrots. This is partly because homemakers have come to recognize their high food value (carrots furnish vitamin A, vitamin G and calcium) and partly because growers have improved the quality of the carrots they sell. Then, too, carrots have a naturally good taste which keeps folks passing their plates for more.

Also, carrots are versatile to use. They go in stews, pot roasts, soups and chowders. They may be combined in vegetable and nut loaves, used for salads, or even for sandwiches. Or they may be served alone as one of the main vegetables of the meal. They're easy to prepare, quick to cook.

And right now carrots are one of the best buys on the market. Supply is better than for most other vegetables. Prices are reasonable.

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